

nutritional guide your guide to healthier eating

Menu Item	Size	Serving Size (g)	Calories	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
classic pitas																
CHICKEN SHAWARMA	small	233	314	13	0	2	49	1059	27	4	2	21	101	50	5	15
	regular	380	578	26	0	4	80	1871	53	8	4	34	171	84	11	29
	salad	375	401	25	0	4	80	1227	16	6	4	28	404	112	7	18
CHICKEN SOUVLAKI	small	257	350	16	0	5	57	1123	28	4	3	23	97	43	9	12
	regular	415	628	30	0	10	96	1994	53	7	7	38	162	69	18	22
	salad	410	451	29	0	10	96	1351	16	4	7	32	394	97	15	11
CHICKEN CAESAR	small	175	304	9	0	3	59	1087	32	3	1	25	88	32	5	14
	regular	300	508	14	0	4	91	1850	61	6	4	38	219	62	12	26
	salad	270	327	13	0	4	91	1205	23	3	3	32	378	80	8	14
CHICKEN FAJITA	small	274	289	8	0	4	64	1064	28	4	4	24	105	62	16	12
	regular	435	523	16	0	9	110	1899	54	7	8	41	173	93	34	22
	salad	430	346	15	0	9	110	1256	17	5	8	35	405	121	30	11
PHILLY CHEESESTEAK	small	283	402	20	0	8	68	955	27	3	3	30	60	51	25	19
	regular	437	708	35	0	15	113	1722	50	6	5	49	89	76	51	32
	salad	452	532	35	0	15	113	1080	13	4	5	44	409	115	49	22
THE CLUB	small	229	338	15	0	6	44	1310	29	4	4	22	107	53	15	13
	regular	440	576	26	0	10	66	2149	53	7	7	34	179	83	30	22
	salad	435	400	25	0	10	66	1506	16	5	7	28	411	111	27	11
SRIRACHA FALAFEL	small	285	356	15	0	1	0	1127	46	9	6	11	112	55	15	31
	regular	441	589	24	0	3	0	1930	79	14	11	18	191	88	25	49
	salad	436	413	23	0	2	0	1286	42	12	11	12	423	116	22	39
signature pitas																
BUFFALO CHICKEN	small	242	283	8	0	4	59	1521	27	4	4	24	156	44	14	12
	regular	375	476	13	0	5	92	2597	51	7	7	37	249	70	22	21
	salad	375	335	15	0	7	101	2038	13	4	7	34	484	98	25	10
CHIPOTLE CHICKEN	small	228	313	10	0	4	56	1095	31	3	8	23	100	55	14	12
	regular	365	577	20	0	8	95	1983	61	6	15	39	169	86	30	22
	salad	360	401	19	0	8	95	1339	23	4	15	33	401	114	26	11
GRILLED CHICKEN & GOAT CHEESE	small	242	279	8	0	2	51	935	27	3	5	21	98	64	5	12
	regular	380	505	14	0	4	84	1643	53	6	9	35	162	98	11	22
	salad	375	328	13	0	4	84	999	15	4	9	29	394	126	8	11
BACKYARD BBQ STEAK	small	246	310	12	0	4	41	1193	30	4	7	19	42	69	7	20
	regular	410	556	22	0	7	72	2084	58	7	13	32	166	116	17	35
	salad	405	379	21	0	7	72	1441	21	5	13	26	398	144	13	25
THAI BEEF	small	275	243	5	0	2	23	665	36	5	10	15	120	98	25	16
	regular	454	458	10	0	3	46	1268	68	9	19	28	209	153	43	29
	salad	369	268	9	0	3	46	618	28	5	18	21	209	149	37	14
THAI CHICKEN	small	268	241	3	0	1	44	794	35	5	10	21	120	115	24	12
	regular	420	425	4	0	1	70	1420	66	9	19	34	209	181	42	21
	salad	335	235	3	0	1	70	770	26	5	18	27	209	177	36	6
MEDITERRANEAN VEGETABLE	small	265	268	11	0	4	12	903	32	5	5	10	114	60	11	18
	regular	435	508	21	0	9	25	1660	62	10	8	19	194	96	23	33
	salad	420	319	20	0	8	25	983	23	7	8	13	425	122	19	22
flatbaked pitas																
BBQ CHICKEN & BACON		292	656	26	1	13	127	2069	59	5	15	47	19	42	41	19
BUFFALO CHICKEN		295	558	21	1	10	118	3140	46	5	4	43	22	35	39	17
CLASSIC		244	497	21	0	10	60	1824	49	4	7	29	14	21	42	18
HAWAIIAN		266	489	18	0	9	64	1839	53	4	12	30	14	23	42	18
VEGGIE		275	415	17	0	5	22	1752	54	5	10	14	21	55	16	19
extreme entrées																
CHIMICHURRI BEEF		442	770	35	0	6	62	1434	70	11	5	35	71	63	5	28
MEDITERRANEAN HALLOUMI		499	721	35	1	16	64	2158	76	10	8	29	50	68	52	13
MEDITERRANEAN FALAFEL		534	791	34	0	7	14	1465	102	16	11	24	42	72	29	38
MEDITERRANEAN SHAWARMA		539	706	26	0	8	101	1699	75	10	8	45	42	103	12	15
BEEF FAJITA		569	721	26	0	9	83	1647	80	11	11	38	174	116	20	29
CHICKEN FAJITA		569	672	20	0	8	115	1381	78	11	11	46	175	134	19	13
CHICKEN SOUVLAKI		594	788	34	0	9	101	1693	76	11	10	46	162	104	13	18
kids menu																
BBQ4U PITA		202	217	3	0	1	44	797	30	3	7	19	93	45	4	12
BEAFOSAURUS REX PITA		209	220	5	0	2	23	667	31	4	7	14	91	47	5	16
SWEET CHICKEN LITTLE PITA		202	219	3	0	1	44	699	29	3	7	19	92	41	4	12
FEE-FI-FO HUMMUS PITA		182	218	8	0	3	13	634	27	4	3	9	96	24	14	13
PEPPERONI FLATBAKED PITA		132	251	11	0	5	30	955	25	2	3	14	8	11	23	9
CHEESE FLATBAKED PITA		148	334	17	1	10	50	984	25	2	3	20	15	11	43	9
cookies																
CHOCOLATE CHIP		38	170	7	0	4	10	120	24	1	15	2	6	0	0	6
CINNAMON SUGAR SPICE		39	163	7	0	4	15	140	24	0	14	2	8	0	0	4
CARNIVAL		38	150	5	0	2	10	110	26	1	12	2	4	0	0	6
DOUBLE CHOCOLATE CHIP		38	172	8	0	5	13	139	23	1	15	2	5	0	1	10
OATMEAL RAISIN		38	159	7	0	4	10	133	23	1	13	2	4	0	1	5
LEMON BURST COOKIE SANDWICH		97	356	14	0	7	30	300	55	0	30	4	16	0	0	8
CINNAMON RUSH COOKIE SANDWICH		97	412	19	1	9	32	305	57	0	37	4	16	0	0	8

For the nutritional values of additional menu items please visit extremepita.com

The nutrition information contained on this guide is based on standard product formulations and was obtained through analysis by our nutritional program and information provided by our suppliers. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at restaurant level, and/or season of the year. Regional variations may occur. Nutritional values are based on standard recipes. Certain menu items may vary from restaurant to restaurant and may not be available at all locations. For the most up-to-date information please visit extremepita.com.



The Informed Dining program is a voluntary nutrition information program developed by the province of British Columbia. For more information, please visit www.InformedDining.ca. Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia. The Province of British Columbia assumes no responsibility or liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.